
Grilled Steak with Blistered Beans and Peppers

The Essential Southern Living Cookbook

Servings: 4

Preparation Time: 25 minutes

Start to Finish Time: 40 minutes

4 six-ounce boneless beef strip steaks (one inch thick), trimmed
3 large cloves (one tablespoon) garlic, minced
1 1/2 teaspoons Kosher salt, divided
3/4 teaspoon black pepper, divided
2 tablespoons canola oil, divided
3 tablespoons salted butter
1 1/2 tablespoons chopped fresh flat-leaf parsley
2 teaspoons chopped fresh thyme
6 ounces (1-1/2 cups) fresh green beans, trimmed and halved on an angle
5 ounces (1-1/2 cups) sweet mini peppers, halved lengthwise
3/4 cup (one onion) sliced red onion
2 tablespoons (one lemon) fresh lemon juice

Pat the steaks dry with a paper towel. Rub garlic evenly over the steaks. Sprinkle with one teaspoon of salt and 1/2 teaspoon of black pepper. Let stand at room temperature for 15 minutes.

Place a twelve-inch cast-iron skillet on the grill grates. Preheat the grill to high (450 to 500 degrees). Add one tablespoon of oil to the skillet. Immediately add the steaks to the skillet. Cook until well browned, 4 to 5 minutes. Add butter to the skillet. Flip the steaks. Cook, tilting the pan and constantly spooning the butter mixture over the steaks, until a thermometer inserted into the thickest portion registers 125 degrees, 1 to 2 minutes.

Remove the steaks from the heat. Transfer to a cutting board and let rest for 10 minutes. Transfer the skillet frippings to a small bowl. Stir in the parsley and thyme. Set aside.

Slice the steak. Transfer to a serving platter.

Wipe the skillet clean. Return to the grill over high heat. Add the remaining one tablespoon of oil. Add the green beans and peppers. Cook, stirring occasionally, until charred, about 4 minutes. Stir in the onion and lemon juice. Cover and cook until the vegetables are tender, about 2 minutes. Sprinkle with the remaining 1/2 teaspoon of salt and 1/4 teaspoon of black pepper.

Arrange the vegetables and steak on a serving platter. Spoon the parsley-thyme mixture over the vegetables and steak.

Beef

Per Serving (excluding unknown items): 103 Calories; 7g Fat (51.9% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 707mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat.